

◀ 第六期 PART VI ▶

*Cookery Course*

譚銳佳講義

by THAM YUI KAI

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譚銳佳講義  
第五期

出版者：譚銳佳  
編著

Publisher: Tham Yui Kai

承印者：文化印務公司  
Printed: Boon Hua Printing Co.

初版：一九七二年  
First Edition: August 1972.

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把多年來的經驗，獻給同行們及廣大家庭主婦們。

Writes down all his precious experience and presents it to people with the same interest.



## 洋腿紙包雞

### 用料份量：

光雞一只，未割時連毛約三斤重左右，生葱六條，嫩子姜刮淨計約一兩半，熟火腿半兩，肉食紙造成信封樣二十個。

### 製 法：

(一) 光雞一只，用刀將雞肉全部起出，然後再將肉切成細件候用。生葱洗淨後將牠切成幼絲，嫩子姜將半兩切成幼絲，將一兩磨爛搥汁。熟火腿將牠切成幼絲。

(二) 醃料份量：將切好的雞肉轉用盤仔一只裝載，然後加放食鹽一茶匙，味精半茶匙，白糖一茶匙半，生抽兩茶匙，蠔油半湯羹，麻油一茶匙，胡椒粉些少。姜汁半湯羹，花彫酒半湯羹，清水兩湯羹，粟粉半湯羹，然後將牠一齊撈勻，最後加放煮過之花生油一湯羹半，再撈勻，醃約卅分鐘左右，使其入味。

(三) 包裹和炸的方法：首先將醃好的雞肉全部分作二十份，而切好的葱絲和姜絲火腿絲，同樣分作二十份，跟着每一個紙袋放入一份雞肉，一份葱絲，一份姜絲，一份火腿絲，然後將袋口夾實，如是者全部包夾好之後，跟着將用鑊一只洗淨燒熱，然後加放油大約六飯碗左右，將油燒到略滾，然後將包夾好的雞全部放入油鑊裏，慢火將牠炸約七分至八分鐘左右便熟，食時各自解開即成。

## FRIED HAM AND CHICKEN-MEAT IN PACKETS

### Materials:

One slaughtered chicken (about 3 kati with feather),  
Spring onion — 6 sprigs, Ginger — (scraped) — 1½ tah.,  
Cooked ham — ½ tah., Grease-proof paper envelopes — 20.

### Preparation:

Abstract all the meat from the chicken and cut the meat into small pieces. Clean and cut the spring onion into shreds. Cut the ginger into shreds and grind the remaining 1 tah. of it to obtain juice for use. Cut the cooked ham into shreds.

### Ingredients for seasoning:

Put the chicken-meat in a plate, add in fine salt 1 teaspoon, Vesop ½ teaspoon, sugar 1½ teaspoons, light soya sauce 2 teaspoons, oyster sauce ½ tablespoon, sesame oil 1 teaspoon, a little pepper powder, ginger juice ½ tablespoon, Chinese Far Teow wine ½ tablespoon, fresh water 2 tablespoons, cornflour ½ tablespoon and mix thoroughly. Lastly add in 1½ tablespoons of cooked peanut-oil, mix again and season the chicken-meat for about 30 minutes.

### The methods of packing and frying:

Divide the seasoned chicken-meat into 20 portions. Divide also the spring onion shreds, ginger shreds and ham shreds separately into 20 portions. Then put one portion of each in one grease-proof paper envelope and clip it up.

Clean and heat the frying-pan, pour in about 6 rice-bowls of oil and boil it. Then put in the packets of the chicken-meat to fry for about 7 to 8 minutes. For serving, just open the packets.



## 玉 樹 珊 瑚

### 用 料：

細棵的芥蘭菜十式棵，約一斤半重左右，羔蟹一只約十式兩，磨菇一兩，梘砂兩茶匙半，上湯三飯碗，重量三十安士。

### 製 法：

芥蘭菜每棵將老梗撕去，淨要嫩部份約五寸長左右，全部改切好，跟着將用鑊洗淨加放清水六飯碗，重量六十安士，將水燒滾，然後將兩茶匙半梘砂和改切好的芥蘭菜全部滲放鑊裏，將牠滾約七分鐘左右，以够青焮爲好，滾好撈起再用清水將牠漂凍，並且將梘味漂淨，用篩一只裝載。羔蟹一只，用刀將牠斬開兩邊，然後將蟹羔挖出洗淨，而蟹用滾水將牠焯熱，時間約六分鐘，然後撈起等凍透，然後拆肉侯用，磨菇將牠切成小片。

### 味湯和獻粉份量：

上湯三飯碗，加放食鹽三茶匙，味精一茶匙，白糖一茶匙，生抽兩茶匙，麻油一茶匙，胡椒粉些少，一齊攪勻侯用。粟粉一湯羹半，另外用碗一只裝載，加放清水一湯更攪勻侯用。

### 煮的方法：

首先將用鑊洗淨，加放油兩湯更，然後將調好的味湯攪勻，放兩飯碗湯在鑊裏，燒到滾，跟着將漂淨的芥蘭菜全部放下鑊裏，滾一息間，約三分鐘左右，然後撈起盛去水份，用碟一只裝載，排放整齊，跟着再將用鑊洗淨，加放油兩湯更，然後將剩餘的一飯碗味湯，攪勻放下鑊裏，切好的毛菇和蟹肉放下，跟着將調好的獻粉攪勻隨少放下鑊裏，隨放隨用鐵壳推勻，最後將洗淨的蟹羔搓爛些少，滲放下去再推勻，然後兜起淋放在煨好的芥蘭面上，即成。

## MUSTARD GREEN IN CRAB-ROE SAUCE

### Materials:

Mustard green — 12 stalks (abt.  $1\frac{1}{2}$  kati in wt.),  
1 crab (with roe, abt. 12 tah. in wt.), Button mushrooms — 1 tah.,  
Alkaline crystals —  $2\frac{1}{2}$  teaspoons, Stock — 3 rice-bowls (abt. 30 ozs.)

### Preparation:

Select and clean the green leaves (abt. 5" in length) of the mustard green. Clean the frying-pan, pour in abt. 6 rice-bowls of fresh water (abt. 60 ozs.) to boil. Add in  $2\frac{1}{2}$  teaspoons of alkaline crystals and put in the well-prepared mustard green to boil for abt. 7 minutes until the mustard green leaves are cooked. Transfer the mustard green to fresh water to wash off the alkaline. Remove the mustard green to a bamboo sieve. Cut the crab into halves, abstract and clean the roe of it. Boil the crab in boiling water for abt. 6 minutes and remove to cool. Then abstract the crab-meat. Cut the button mushrooms into slices.

### Gravy Sauce & Gravy Powder:

Measure abt. 3 rice-bowls of stock in a container, add in fine salt 3 teaspoons, Vesop 1 teaspoon, sugar 1 teaspoon, light soya sauce 2 teaspoons, sesame oil 1 teaspoon, a little pepper powder and stir well.

### Method of cooking:

Clean the frying-pan, pour in 2 tablespoons of oil and add in abt. 2 rice-bowls of gravy sauce. Boil the gravy sauce and put in the mustard green to boil for abt. 3 minutes. Remove the mustard green to drip off the water. Place the mustard green orderly in a plate. Again clean the frying-pan and add in 2 tablespoons of oil, pour in the remaining one rice-bowl of gravy sauce. Put in the well-prepared button mushroom, crab-meat and add in the gravy powder gradually. Stir during adding. Lastly, add in the crab-roes and stir thoroughly. Water the mustard green with this delicious thickened sauce.



## 豉汁酸柑蒸魚頭

### 主要用料：

鯪魚頭一個大約二斤重左右，原粒豆豉一湯羹，酸柑仔兩粒，生蔥四條，生羌些少，約半兩重左右，紅辣椒一只，蒜頭兩小粒。

### 製作方法：

鯪魚頭將牠去鱗去腮，洗淨之後，再用刀將牠斬成細件，每件大約一兩重左右，全部斬好用盤仔裝載，豆豉先用清水浸一息間，然後撈起，用刀將牠搓爛，生蔥將頭尾些少切去，洗淨之後，再切成寸度，生羌用刀拍爛，再將牠剝成細粒，紅辣椒去蒂去核洗淨之後將牠切碎，蒜頭將牠去衣拍爛，再剝成細粒。

### 調味醃之方法：

斬好之魚頭，加放幼食鹽一茶匙，味精一茶匙，幼白糖三茶匙，生抽兩湯羹，晒抽三茶匙，麻油兩茶匙，胡椒粉些少，粟粉一湯羹，然後用手一齊撈勻，接着將搓爛的豆豉和剝好的生羌蒜頭，切好的辣椒一齊加放落去，而酸柑仔兩粒將牠切開兩邊，揸水加放下去，再一齊撈勻，最後加放油三湯羹再撈勻，醃一息間使牠入味。

### 蒸之方法：

將醃好的魚頭，轉用鐵碟或或瓦碟裝載，跟着將牠撥開，避免件疊件，跟着整碟放在蒸籠處，隔水猛火將牠蒸約十二分鐘至十五分鐘，以够熟為好，蒸好取出，再加油約一湯羹，淋勻四周圍，最後將切好的蔥度洒放面上即成。

## STEAMED CARP-HEAD IN DELICIOUS SAUCE

### Materials:

One carp-head (about 2 kati in weight),  
Salted black beans — 1 tablespoon, Small lemons — 2,  
Spring onions — 4 stalks, Ginger —  $\frac{1}{2}$  tah.,  
Red chilli — 1, Garlic — 2.

### Preparation:

Scale the carp-head and remove the gills from it. Cut it into small pieces, each of about 1 tah. in weight. Put the pieces in a small basin.

Soak the salted black beans in fresh water for a while and remove. Smash the beans for use. Remove stems and yellow leaves from the spring onions and then cut the spring onions into short lengths. Smash the ginger with knife and then cut it into particles. Remove stem and seeds from the red chilli and then cut it into particles. Scale garlicks, smash and cut them into particles.

### Method of seasoning:

Add to the carp-head pieces, fine salt 1 teaspoon, Vesop 1 teaspoon, fine sugar 3 teaspoons, light soya sauce 2 tablespoons, black soya sauce 3 teaspoons, sesame oil 2 teaspoons, a little pepper powder, cornflour 1 tablespoon and stir well. Then put in the well-prepared salted black beans mash, ginger, garlic and red chilli. Cut the small lemons and press in the juice. Mix thoroughly. Lastly add in 3 tablespoons of oil stir again and season the carp-head pieces for a while.

### Method of frying:

Transfer the well-seasoned carp-head pieces to iron plate or earthenware plate. Disperse the pieces to prevent overlapping. Place the whole plate in the steamer to steam over water for about 12 to 15 minutes until the pieces are cooked. After steaming remove. Add to it 1 tablespoon of oil and sprinkle the dish with the well-prepared spring onion.



## 菓汁琵琶鴨

### 用料：

大光鴨一只，未割時連毛計約三斤半重，青瓜一條，蕃茄一個，麥芽糖或蜜糖一湯羹，五香粉半茶匙。

### 製作方法：

光鴨用刀由胸部割切（像琵琶形狀），洗淨候用。青瓜和蕃茄將牠改花切片，圍碟邊用。

### 調製方法：

五香粉半茶匙加放幼食鹽半湯羹攪勻，然後搽勻鴨肚內四週圍，跟着用竹枝或木棍撐開，接着將用鑊洗淨，加放清水兩飯碗半，重量25安士，然後將麥芽糖一湯羹滲放鑊裏，並加放白米醋半湯羹，燒滾後，將水淋勻鴨背，然後吊起曬乾或焙乾鴨皮。

### 醬汁份量：

湯或清水五湯羹，加放食鹽半茶匙，白糖兩湯羹，茄汁兩湯羹，A1 梳士半湯羹，辣椒醬半湯羹，白米醋半湯羹，麻油半茶匙，一齊攪勻候用。粟粉半湯羹，另外用碗一只裝載，加放清水一湯羹攪勻候用。

### 燒焗方法：

首先將焗爐火製開盡燒約十五分鐘左右，使焗爐熱透，然後將鴨架起，肚內向上，放進焗爐裏，烘約十五分鐘，然後取出，將鴨反轉（即有皮向上）再放進焗爐裏，再烘十分鐘，使鴨皮略現金黃色，最後用滾油適量將鴨皮淋脆，然後用刀斬件，砌回原形，用有青瓜蕃茄圍邊的碟裝載，調好的醬汁，用油兩湯羹起鑊，煮滾後埋獻，由旁邊淋放在碟底裏（或先放醬汁，後排放鴨件）。

## CRISP DUCK IN FRIUT SAUCE

### Materials:

One clean duck (abt. 3½ kati in wt. when alive),  
Cucumber — 1, Tomato — 1,  
Maltose (or honey) — 1 tablespoon, Five-spice powder — ½ teaspoon.

### Preparation:

Make a cut (like the shape of a guitar) at the breast portion of the duck with a knife. Clean the duck.

Cut the cucumber and tomato into designed slices for garnishment.

### Method of flavouring and duck:

Mix ½ teaspoon of five-spice powder and ½ tablespoon of fine salt and rub the interior portion of the duck thoroughly. Stretch the interior portion of the duck with a bamboo or stick. Clean the frying-pan and pour in abt. 2½ rice-bowls of fresh water (abt. 25 ozs.). Add in 1 tablespoon of maltose and ½ tablespoon of white vinegar. After boiling, water the body of the duck with the liquid. Then hang the duck in the sunlight or bake it to dry.

### Gravy Sauce:

Measure abt. 5 tablespoons of stock or fresh water in a container, add in salt ½ teaspoon, sugar 2 tablespoons, tomato sauce 2 tablespoons, A1 sauce ½ tablespoon, chilli sauce ½ tablespoon, white vinegar ½ tablespoon, sesame oil ½ teaspoon and stir well.

Mix ½ tablespoon of cornflour with 1 tablespoon of fresh water in a bowl for use.

### Method of baking:

Switch on the oven fully for abt. 15 minutes and place the duck in the oven with the belly portion facing upwards to bake for abt. 15 minutes. Remove and rotate the duck. Put in the duck again to bake for abt. 10 minutes until the skin turns into golden brown. Lastly water the duck with boiling oil to make the skin of it crisp. Then cut the duck into pieces. Display the pieces back in a plate in the shape of duck. Garnish the dish with cucumber and tomato slices. Boil the gravy in the frying-pan with 2 tablespoons of oil and thicken the sauce with gravy powder. Transfer this thickened sauce to the dish. (Or pour this thickened sauce in the plate first and display the duck pieces over the sauce.)



## 茭茸煎鷄脯

### 用 料：

馬鈴茨（即荷蘭茨）一粒約三兩，淨鷄肉六兩，熟火腿半兩，洋葱頭半個，青瓜一條，蕃茄一個，雞蛋一只。

### 製 法：

馬鈴茨去皮洗淨切成細件，蒸熟後搓爛侯用。淨鷄肉用刀斬成小件，每件約四錢重左右，形狀片形，全部切好加放食鹽一茶匙半，味精些少，白糖半茶匙，麻油半茶匙，胡椒粉些少，粟粉一湯羹，跟着將雞蛋打開攪爛放一半下去，然後將牠拌勻，醃一息間，使牠入味。熟火腿將牠切成功粒。洋葱頭去衣後將牠切成小粒，然後用油些少炒香侯用。青瓜和蕃茄，將牠改花切片，圍伴碟邊用。

### 調製和煎的方法：

首先將搓好的茨仔茸和炒香的洋葱頭粒，切好的火腿粒，全部滲放在鷄肉里，然後將牠一齊拌勻，以多少鷄肉，將牠分作多少份，每一件再黏上適量茨粉，同時略略搽扁些少，跟着將用鑊洗淨燒熱，然後加放油些少蕩勻鑊四周圍，接着便將調製好的鷄脯，一件一件排放鑊裏，將牠煎香兩面，隨煎隨加放油些少，以浸過鷄面為適（這種方法稱作半煎炸），時間兩分半至三分鐘左右，煎好用有青瓜蕃茄圍邊的碟裝載，即成。

## FRIED CHICKEN-MEAT WITH POTATO

### Materials:

Potato — 1 (abt. 3 tah. in wt.),	Chicken-meat — 6 tah.,
Cooked ham — $\frac{1}{2}$ tah.,	Big onion — half portion,
Cucumber — 1,	Tomato — 1,
Chicken-egg — 1.	

### Preparation:

Scrape and clean the potato and cut it into small pieces. Steam the potato-pieces and mash them. Cut the chicken-meat into small slices, each of abt. 4/10 tah. Put the pieces in a bowl, add in fine salt  $1\frac{1}{2}$  teaspoons, a little Vesop, sugar  $\frac{1}{2}$  teaspoon, sesame oil  $\frac{1}{2}$  teaspoon, a little pepper powder, cornflour 1 tablespoon and half portion of the beaten egg. Knead well and season for a while. Cut the cooked ham into small particles. Scale and cut the big onion into small particles. Fry the onion pieces aromatically for use. Cut the cucumber and tomato into designed slices for garnishing.

### Method of finalising the dish:

Mix up the well-prepared potato mash, fried onion, ham, chicken-meat and knead well. Separate the mixture into the number (i.e. how many number of chicken-meat pieces) and separate it into how many portions, stick each portion with suitable amount of starch flour and flatten it a bit. Clean and heat the frying-pan, pour in some oil to the pan. Put in the chicken-meat pieces to fry both sides of them aromatically. Add enough oil during frying to cover the chicken-meat pieces. Fry for abt.  $2\frac{1}{2}$  to 3 minutes. After frying, transfer them to the plate garnished with cucumber and tomato slices.



## 紅 炆 牛 腩

### 用 料：

牛腩一斤，嫩子菴刮淨計一兩，白蘿蔔去皮刨淨計三兩，蒜頭兩小粒，陳皮（即舊菓皮）一小角，八角兩原粒，麵豉（即豆醬）搓爛計半湯羹，南乳半湯羹，生菜半斤，芫茜一棵。

### 製作方法：

牛腩洗淨后用刀斬成細件，每件約半兩重左右，嫩子菴將牠切成厚片，白蘿蔔將牠切成小件，蒜頭將牠去衣拍爛，再剝成小粒，陳皮先用清水浸一息間，撈起候用，生菜每棵淨要嫩葉，洗淨候用。

### 味汁和獻粉份量：

湯或清水兩飯碗，重量20安士，加放食鹽半茶匙，味精半茶匙，白糖兩茶匙，生抽兩茶匙，晒抽一茶匙，麻油一茶匙，胡椒粉些少，一齊攪勻候用。粟粉一湯羹半，另外用碗裝載，加放清水一湯羹攪勻候用。

### 紅炆的方法：

將斬好的牛腩轉用盤一只裝載，加放生抽一湯羹，晒抽一茶匙，然後將牠一齊撈勻，跟着將用鑊燒熱，加放油大約五飯碗，將油燒滾，然後將撈勻生抽的牛腩，分次數放進油鑊里將牠炸一息間，以現出金黃色為好。切好的蘿蔔，同樣將牠炸一息間，接着將油倒回盤里，約剩三湯羹，然後將切好的菴和剝好的蒜頭，搓爛的麵豉、南乳等，按程序放進鑊里爆香，接着將炸過的牛腩和蘿蔔滲放下去，並且燴上花彫酒半湯羹，最後將調好的味汁攪勻放下，陳皮和八角同時滲放下去，然後蓋炆一息間，使汁水剩下一飯碗多些為適合，將味試好，然後全部連汁水挽起用盤一只裝載，跟着整盤放進蒸籠里隔水炖兩小時半至三小時左右，以够炆為好，炖好取出，將汁水倒放鑊里，用調好的獻粉，攪勻埋獻，然後再全部一齊挽勻，跟着挽起用瓦窩一只裝載，洗淨的生峯，用滾水油適量將牠灼熟，熱底或圍伴傍邊用。元茜，洗淨去頭，切短些放在面上，即成。

## SIMMERED BEEF IN SAUCE

### Materials:

Beef — 1 kati, Ginger (scraped) — 1 tah.,  
White radish (scraped) — 3 tah., Garlic — 2,  
Dried orange peel — a small piece, Anised — 2,  
Salted soya beans (mash) —  $\frac{1}{2}$  tablespoon,  
Red salted soya bean cake —  $\frac{1}{2}$  tablespoon,  
Lettuce —  $\frac{1}{2}$  kati, Parsley — 1 stalk.

### Preparation:

Clean and cut the beef into small pieces (each of abt.  $\frac{1}{2}$  tah. in wt.) Cut the ginger into slices and white radish into small pieces. Scale, smash and cut the garlic into particles. Soak the dried orange peel in fresh water for a while and remove for use.

Select and clean the green leaves of the lettuce.

### Gravy Sauce and gravy powder:

Measure abt. 2 rice-bowls of stock or fresh water (abt. 20 ozs.) in a container, add in salt  $\frac{1}{2}$  teaspoon, Vesop  $\frac{1}{2}$  teaspoon, sugar 2 teaspoons, a light soya sauce 2 teaspoons, black soya sauce 1 teaspoon, sesame oil 1 teaspoon, a little pepper powder and stir well into gravy.

Mix  $1\frac{1}{2}$  tablespoons of cornflour with 1 tablespoon of fresh water into gravy powder.

### Method of simmering:

Put the beef pieces in a plate, add in 1 tablespoon of light soya sauce and 1 teaspoon of black soya sauce and knead well. Clean and heat the frying-pan, pour in abt. 5 rice-bowls of oil to boil. Then put in the beef pieces to fry for a while until the beef pieces turn into golden brown. Fry also the radish for a while. Pour the oil back to the container, leaving only 3 tablespoons in the pan, and put in the well-prepared ginger, garlic, salted soya beans and red salted soya bean cake to fry aromatically. Add in the slightly fried beef and radish. Splash in  $\frac{1}{2}$  tablespoon of Far Teow wine. Lastly add in the gravy sauce. Put in also the orange peel and aniseed. Cover the frying-pan and simmer for a while until there is only one rice-bowl of sauce left. Taste and standardise the sauce. Transfer all to a plate and place the plate in the steamer to steam over boiling water for abt.  $2\frac{1}{2}$  to 3 hours until the beef is fully cooked. Then remove the plate and pour the sauce in the frying-pan. Add in the well-stirred gravy powder and then the beef pieces. Stir thoroughly and transfer the beef with sauce to an earthen-ware. Boil the green lettuce with suitable amount of boiling oily water to garnish the dish. Clean and cut the parsley, scatter the parsley on top of it.



## 紅燒獅子頭

### 主要用料：

淨豬肉十二兩，熟火腿半兩，冬筍半兩，生蔥兩條，黃芽白菜六兩，生薑四小片，茺茜一棵，雞蛋一只。

### 製作之方法：

淨豬肉用刀將牠剝爛，熟火腿將牠切成細粒，冬筍將牠切成細粒，並且將水份搥乾，生蔥將頭尾些少切去，洗淨後切成細粒，黃芽白菜用刀將牠切成小塊，洗淨之後用篩裝載，茺茜洗淨，淨要葉。

### 味汁和獻粉之份量：

湯或清水兩飯碗（20安士），用盅裝載，然後加放幼食鹽一茶匙半，味精半茶匙，幼白糖一茶匙，生抽兩茶匙，蠔油兩茶匙，麻油一茶匙，胡椒粉些少，跟着一齊攪勻即成味汁。

粟粉一湯羹半，另外用碗裝載，跟着加放清水一湯羹將牠攪勻即成獻粉。

### 調製之方法：

首先將剝爛之豬肉轉用盤仔裝載，然後加放幼食鹽一茶匙，味精些少，幼白糖半茶匙，生抽兩茶匙，胡椒粉些少，跟着用手一齊將牠搓勻，再用力將牠搓起膠，接着將切好之火腿粒和筍粒、蔥粒，一齊加放下去，並且將雞蛋一只打開加放下去，再將牠一齊搓勻，最後加放粟粉兩湯羹，再將牠搓勻，然後將牠分作六份，每份用手將牠搓成圓形，每一個外面再黏上適量之茨粉，跟着將用鑊洗淨燒熱，然後加放油大約五飯碗左右，將油燒滾，然後將黏好茨粉之豬肉球（即獅子頭）全部放落油鑊處將牠炸一息間，然後將牠撈起盛着，將油倒起，大約剩餘三湯羹左右，然後將四片生薑和切好之黃芽白菜一齊放在鑊處，起鑊將牠炒香，並且釐上花彫酒約半湯羹，跟着將調好之味汁攪勻加放下去，而炸過之獅子頭同時加放下去，然後蓋蓋煮牠一息間，味汁大約剩餘一飯碗多的，然後連汁水將牠兜起轉用盆仔裝載，跟着整盆放在蒸籠處，隔水將牠燉約一小時左右，燉好取出，將料兜起用瓦窩裝載，同燉之汁水，將牠倒放在鑊處，然後用開好之獻粉浸放下去埋獻，等牠再滾時，將牠兜起淋放在面上，洗淨之茺茜將牠放在面上即成。

## FRIED ROUNDS OF LEAN PORK MINCE IN SAUCE

### Materials:

Lean pork — 12 tah.,

Bamboo shoot —  $\frac{1}{2}$  tah.,

Tientsin cabbage — 6 tah.,

Chinese parsley — 1 stalk,

Cooked ham —  $\frac{1}{2}$  tah.,

Spring onions — 2 stalks,

Ginger — 4 slices,

Egg — 1.

### Preparation:

Mince the lean pork. Cut the cooked ham into particles bamboo shoot also into particles and rub off water from them. Clean and cut the spring onions into particles. Cut the Tientsin cabbage into small pieces, clean and put them in a bamboo sieve. Select and clean the leaves of the Chinese parsley for use.

### Gravy Sauce And Gravy Powder:

Measure 2 rice-bowls (20 ozs.) of stock or fresh water in a container add in fine salt  $1\frac{1}{2}$  teaspoon, Vesop  $\frac{1}{2}$  teaspoon, fine sugar 1 teaspoon, light soya sauce 2 teaspoons, oyster sauce 2 teaspoons, sesame oil 1 teaspoon, a little pepper powder and stir thoroughly into gravy.

Mix  $1\frac{1}{2}$  tablespoons of cornflour with 1 tablespoon of fresh water in a bowl into gravy powder.

### Method of preparing the dish:

Put the minced lean pork in a small basin, add in fine salt 1 teaspoon, a little Vesop, fine sugar  $\frac{1}{2}$  teaspoon, light soya sauce 2 teaspoons, a little pepper powder and knead thoroughly untily sticky. Then put in the well-prepared cooked ham, bamboo shoot, spring onions, an egg and knead again. Lastly add in 2 tablespoons of cornflour and repeat the kneading. Divide the paste into 6 portions. Knead each portion of paste into a ball form. Stick each portion of rounds with suitable amount of starch flour. Clean and heat the frying-pan, pour in about 5 rice-bowls of oil and boil it. Then put in the rounds of lean pork mince with starch flour to fry for a while and remove. Pour the oil back to the container, leaving only 3 tablespoons in the pan, put in the well-prepared ginger and Tientsin cabbage to fry deliciously. Splash in  $\frac{1}{2}$  tablespoon of Chinese "Far Teow" wine. Stir well the gravy and pour in. Put in the slightly fried rounds of lean pork. Put on the lid and cook for a while until there is only one rice-bowl of sauce left.

Transfer all with sauce to a small basin. Place the whole basin in the steamer to steam for an hour. After steaming, transfer the foodstuff to an earthenware container. Pour the steamed sauce to the frying-pan. Thicken the sauce by adding in the gravy powder. When it boils, water the dish with this thickened sauce. Scatter the clean Chinese parsley over this dish.



## 菜 蕓 炒 鷄 絲

### 主要用料：

淨鷄肉半斤，菜心一斤，葫蘿蔔刨淨計一兩，冬菇三只，羌四小片，鷄蛋一只。

### 製作方法：

淨鷄肉用刀將牠剝成粗絲，全部切好，用碗一只裝載，然後加放梳打粉半茶匙，幼食鹽一茶匙，蜂巢味素些少，幼白糖半茶匙，麻油半茶匙，胡椒粉些少，清水兩湯羹，蛋白一湯羹，粟粉一湯羹半，跟着用手一齊將牠撈勻，最後加放花生油半湯羹再撈勻，醃牠大約二十分鐘左右，使其入味。（加放梳打粉和鷄肉一齊醃，用意在於使炒熟之鷄絲嫩滑些，不放亦可以。）菜心每棵淨要嫩蕓，摘好大約有六兩重，跟着用水將牠洗淨，用篩裝載。葫蘿蔔將牠切絲，冬菇先用清水浸軟，然後去蒂，再將牠切絲。

### 獻汁之份量：

湯或清水五湯羹用碗裝載，然後加放幼食鹽半茶匙，蜂巢味素半茶匙，幼白糖一茶匙，生抽一茶匙，蠔油兩茶匙，麻油一茶匙，胡椒粉些少，粟粉大半湯羹，跟着用羹將牠一齊攪勻即成獻汁。

### 炒之方法：

首先將用鑊洗淨，然後加放清水約四飯碗左右，將水燒到滾，然後加油兩湯羹，跟着將摘好洗淨之菜蕓，全部一齊放在鑊處，跟着將牠撈起盛去水份，接着再將用鑊洗淨燒熱，然後加放油大約五飯碗左右，將油燒到略略滾之時，然後將醃好之鷄絲一齊倒放在油鑊處，跟着用筷子將牠攪散，使其避免黏在一團，炸牠大約半分至一分鐘左右，然後將牠撈起盛去油份，將鑊裏之油倒回油盆處，大約剩餘三湯羹左右，然後將四片生羌和切好的葫蘿蔔、冬菇，一齊放進鑊裏炒香，接着將灼過之菜蕓，全部倒放鑊裡同炒，跟着將泡過之雞絲，再放在鑊裡，接着灑上花彫酒約半湯羹，最後將調好的獻汁攪勻，全部倒放在鑊裏，再將牠一齊兜勻，然後將牠兜起用碟裝載即成。

## FRIED CHICKEN-MEAT SHREDS WITH CHINESE CABBAGE

### Materials:

Chicken-meat — $\frac{1}{2}$ kati,	Chinese cabbage — 1 kati,
Red carrot (shaved) — 1 tah.,	Ginger — 4 slices,
Chinese mushrooms — 3,	Egg — 1.

### Preparation:

Cut the chicken-meat into shreds and put them in a bowl, add in bi-carbonate of soda powder  $\frac{1}{2}$  teaspoon, fine salt 1 teaspoon, a little Vesop, fine sugar  $\frac{1}{2}$  teaspoon, sesame oil  $\frac{1}{2}$  teaspoon, a little pepper powder, fresh water 2 tablespoons, egg-white 1 tablespoon, cornflour  $1\frac{1}{2}$  tablespoons and knead well. Lastly add in  $\frac{1}{2}$  tablespoon of peanut-oil, knead again and season the chicken-meat for about 20 minutes. (The function of adding bi-carbonate soda powder is to make the chicken-meat soft and slimy. Without adding there is no harm also.)

Select only the green leaves of the Chinese cabbage (about 6 tah. in weight), cut and put them in a bamboo sieve. Cut the red carrot into shreds, soak and cut off the stem of the mushroom and further cut into shreds.

### Gravy Sauce:

Measure 5 tablespoons of stock or fresh water in a bowl, add in fine salt  $\frac{1}{2}$  teaspoon, Vesop  $\frac{1}{2}$  teaspoon, fine sugar 1 teaspoon, light soya sauce 1 teaspoon, oyster sauce 2 teaspoons, sesame oil 1 teaspoon a little pepper powder, cornflour  $\frac{2}{3}$  tablespoon and stir thoroughly into gravy.

### Method of frying:

Clean and heat the frying-pan, pour in about 4 rice-bowls of fresh water and boil it. Then add in 2 tablespoons of oil. Put in the green leaves of the Chinese cabbage to boil and remove to drip off the excess water. Again clean and heat the frying-pan, pour in about 5 rice-bowls of oil to boil. When it slightly boils, put in the seasoned chicken-meat shreds to fry. Disperse the chicken-meat shreds with chopsticks to prevent sticking. Fry for  $\frac{1}{2}$  to 1 minute and then remove to drip off the excess oil. Pour the oil back to the container, leaving only 3 tablespoons of it in the pan and put in the ginger slices the well-prepared red carrot, mushroom to fry and the boiled Chinese cabbage to fry deliciously. Meanwhile, put in the slightly-fried chicken-meat shreds and splash in  $\frac{1}{2}$  tablespoon of Chinese 'Far Teow' wine. Lastly pour in the well-stirred gravy and stir thoroughly. Transfer all to a plate to serve.



## 麻辣炸田腿

### 主要用料：

田雞（即水雞）未割生計一斤半，割淨約十至十二兩左右，白芝麻兩湯羹，芥辣粉一湯羹，雞蛋一只，青瓜一條，蕃茄一個。

### 製作方法：

田雞一斤半，全部割好之後，用刀斬成細件，頭與腳尖斬去，斬好用碗裝載，然後加放幼鹽一茶匙半，蜂巢味素半茶匙，幼白糖半茶匙，麻油一茶匙，胡椒粉些少，雞蛋一只打開攪爛，放一半落去，然後用手一齊撈勻，再加放芥辣粉一湯羹，粟粉兩湯羹，且璫粉（即吉士粉）一湯羹，一齊撈勻，醃約二十分鐘，使其入味。白芝麻兩湯羹，洗淨盛去水份，再用鑊慢火炒香，等凍透時，加放落醃好的田雞裏頭，再用手撈勻候用。青瓜一條，刨皮，改花切片，圍邊及墊碟底之用，蕃茄一個，切片同樣圍碟邊用。

### 炸的方法：

首先將醃好的田雞，每一件黏上適量的茨粉（即生粉），全部黏好之後，跟着將鑊洗淨燒熱，然後加放油約六飯碗左右，等油燒到滾，就將黏好茨粉的田雞，一齊放落油鑊裏，炸約三分鐘左右，以够脆熟爲好，全部炸好，排放在有青瓜、蕃茄圍邊的碟裝載即成。

## FRIED FROG-PIECES WITH GROUND MUSTARD & SESAME

### Materials:

Frogs — 1½ kati before slaughtered. (about 10 — 12 tah) after slaughtered and cleaned,	White sesame — 2 tablespoon,
Ground mustard — 1 tablespoon,	Egg — 1,
Cucumber — 1,	Tomato — 1.

### Preparation:

Slaughter and clean the frogs, chop off all the heads and toes and cut them into small pieces. Put the pieces in a bowl, add in fine salt 1½ teaspoons, Vesop ½ teaspoon, fine sugar ½ teaspoon, sesame oil 1 teaspoon, some pepper, half portion of the egg (beaten) and knead thoroughly. Later add in ground mustard 1 tablespoon, cornflour 2 tablespoons, Custard powder 1 tablespoon and knead again. Season the frog-pieces for about 20 minutes.

Wash and clean the white sesame and allow the excess water to drip. Fry the white sesame in the frying pan under low temperature and remove. When it cools down a bit, put it in the seasoned frog-pieces and knead well. Scrape and cut the cucumber into designed slices. Cut the tomato also into slices for garnishment.

### Method of frying:

First stick the frog-pieces with suitable amount of starch flour. Clean and heat the frying pan, pour in about 6 rice-bowls, of oil and boil it. Put in the frog-pieces to fry until they are cooked and crispy. (The frying time is about 3 minutes). Then transfer them to the plate garnished with cucumber and tomato slices to serve.



## 軟滑糯米雞

### 用 料：

大糯米二斤，淨雞肉五兩，淨豬肉五兩，臘腸兩寸，叉燒三兩，冬菇一兩。

### 製 法：

糯米先用清水洗淨，然後再用適量清水將牠浸約五六小時左右，使米身發透，接着將牠倒起用竹篩一只裝載，而篩底須先放上薄濕布一塊，跟着將牠撥平，然後成篩放落蒸籠裏，隔水將牠蒸約四十五分鐘左右，在蒸到約有二十分鐘時候，最好用筷子將牠打鬆些少，並洒放些少清水落去，這樣可使蒸熟之糯米軟滑些。蒸好取出，將牠倒放在鐵盤裏，等凍些少，然後便加放幼食鹽半湯羹，味精兩茶匙，幼白糖一湯羹，生抽兩湯羹，晒抽 $\frac{2}{3}$ 湯羹，麻油三茶匙，胡椒粉些少，豬油七湯羹，跟着用手將牠拌勻，然後分作十六份侯用。

淨雞肉將牠切成細件，豬肉將牠切成小薄片，臘腸將牠打斜切片，叉燒將牠切片，冬菇浸軟去蒂切片，。

### 調味醃料之份量：

將切好的雞肉和豬肉冬菇等，用盤仔一只裝載，然後加放幼食鹽一茶匙，味精半茶匙，幼白糖一茶匙半，生抽兩茶匙，蠔油兩茶匙，晒抽一茶匙，麻油一茶匙，胡椒粉些少，清水兩湯羹，粟粉一湯羹半，一齊將牠拌勻，最後加放花生油一湯羹半，再拌勻，醃約十五分鐘，使其入味。（扣碗蒸之方法）先準備食飯碗十六只，跟着將切好的臘腸和醃好之雞肉，豬肉，叉燒，冬菇等，全部分勻在碗底裏，接着便將調好的糯米每一碗填放一份落去，並且將牠襟平些少。全部填放好，再將牠一碗碗排放落蒸籠裏，隔水將牠蒸約三十分鐘左右，便熟透。食時每一碗轉用另一只碟裝載，即成。

## STEAM GLUTINOUS RICE WITH CHICKEN

### Materials:

Glutinous rice — 2 kati,  
Chicken-meat — 5 tah.,  
Pork — 5 tah.,

Chinese sausage — 4,  
Roasted lean pork — 3 tah.,  
Mushrooms — 1 tah.

### Preparation:

Wash and soak the glutinous rice in water for 5 to 6 hours. Put the rice into a bamboo sieve, the bottom of which must put a piece of wet cloth, spread out the rice and steam the glutinous rice for 45 minutes. Steam about 20 minutes, sprinkle some water to it and disperse it with chopstick. (The method of doing so is to make the rice more soft and slimy.) After steaming, let it to cool, then add in  $\frac{1}{2}$  tablespoon of salt, Sesop 2 teaspoon, sugar 1 tablespoon light soya sauce 2 tablespoon, black soya sauce  $\frac{2}{3}$  tablespoon, 3 teaspoon of sesame oil, some pepper, lard 7 tablespoons, mix thoroughly and divide it into 16 portions.

Cut the chicken-meat into small pieces, cut the pork into thin slices, cut the chinese sausage slantingly into slices, roasted lean pork also into slices. Mushrooms to be soaked in water and remove its stem and further cut into slices.

### Method of seasoning:

Put in the chicken-meat, pork and mushroom in a container, add in 1 teaspoon salt, Sesop  $\frac{1}{2}$  teaspoon, sugar  $1\frac{1}{2}$  teaspoon, light soya sauce 2 teaspoon, oyster sauce 2 teaspoon, black soya sauce 1 teaspoon, sesame oil 1 teaspoon, some pepper, fresh water 2 tablespoons. Cornflour  $1\frac{1}{2}$  tablespoon, stir thoroughly. Lastly add in  $1\frac{1}{2}$  tablespoon of peanut oil, and season them for 15 minutes.

### Method of steaming:

Prepare 16-rice-bowls, arrange sausage, chicken-meat, pork, roasted lean pork and mushroom at the bottom of the bowl. Each portion of the glutinous rice is put into 1 rice bowl. Use hand to press the glutinous rice slightly, steam it for 30 minutes. After steaming, remove and replace it to a plate and serve.



## 紅 炆 蒜 子 鯉

### 用 料：

鯉魚一條，約斤C重左右，淨豬肉二兩，燒腩三兩，冬菇四只，大蒜一棵，生蔥兩條，芫茜一棵，蔥頭仔六小粒，蒜頭六小粒，生羌四小片，生菜一棵。

### 製 法：

鯉魚，剖好去腮，去鱗，或留鱗隨意，淨豬肉切成小薄片，燒腩斬成細件，冬菇先用水浸軟，然後去蒂，再將牠切成小片，大蒜去頭些少，洗淨後，斜刀切成寸度，生蔥去頭尾些少，洗淨後，切成絲，芫茜去頭洗淨切短些少，蔥頭仔和蒜頭原粒去衣候用，生菜淨要嫩葉洗淨，鋪放碟底用。

### 味汁和獻粉份量：

湯或清水三飯碗，重量三十安士，加放食鹽一茶匙，味精半茶匙，白糖一茶匙，生抽半湯羹，蠔油半湯羹，晒抽一茶匙，麻油一茶匙，胡椒粉些少，一齊攪勻候用，粟粉一湯羹，另外用碗裝載，加放清水一湯羹攪勻候用。

### 紅炆方法：

首先將鑊洗淨燒熱，然後加放油（六飯碗）將油燒滾後，即將剖好的鯉魚成條放下鑊裏，將牠炸一息，然後撈起盛着，蔥頭仔和蒜頭同樣將牠炸一息間，即將撈起盛着，將油倒起，約剩三湯羹左右，然後便將生羌和切好的大蒜，豬肉，燒腩，冬菇等，全部放下炒香，接着燴上花彫酒半湯羹，並且將調好的味汁攪勻放下，炸過的鯉魚和蔥頭仔，蒜頭再滲放鑊裏，然後留蓋慢火炆約十二分鐘至十五鐘左右，使汁水剩約一飯碗多的為適合，將味調準，然後將鯉魚鏟起用有生菜墊底的碟裝載。鑊裏的汁水用開好的獻粉攪勻放下埋獻，煮好全部淋放鯉魚面上，最後將切好的蔥和芫茜放在面上中間，即成。

## SIMMERED CARP WITH GARLIC

### Materials:

One carp (abt. 1 kati in wt.),	Lean pork — 2 tah.,
Roasted pork — 3 tah.,	Mushrooms — 4,
Spring garlic — 1 stalk,	Small onions — 6,
Parsley — 1 stalk,	Garlic — 6,
Ginger — 4 slices,	Lettuce — 1 stalk.

### Preparation:

Scale the carp and remove the entrails (or without removing scales also can). Cut the lean pork into small slices and roasted pork into small pieces. Soften the mushrooms in fresh water, remove all the harsh stems and cut the mushrooms into small pieces. Clean and cut the spring garlic into short pieces. Clean and cut the spring onions into shreds. Remove root stem from the parsley and clean the parsley for use. Scale the small onions and garlic for use. Select and clean the green leaves of the lettuce to place in the plate.

### Gravy Sauce & Gravy Powder:

Measure 3 rice-bowls (abt. 30 ozs.) of stock or fresh water in a container, add in salt 1 teaspoon, Vesop  $\frac{1}{2}$  teaspoon, sugar 1 teaspoon, light soya sauce  $\frac{1}{2}$  tablespoon, oyster sauce  $\frac{1}{2}$  tablespoon, black soya sauce 1 teaspoon, sesame oil 1 teaspoon, a little pepper powder and stir well for use.

Mix 1 tablespoon of cornflour with 1 tablespoon of water in a bowl for use.

### Method of simmering:

Clean and heat the frying-pan, pour in oil 6 rice-bowls and boil it. Put in the whole carp to fry for a while and remove. Pour the oil back to the container leaving only 3 tablespoons in the frying-pan. Put in the well-prepared spring garlic, garlic, lean pork, roasted pork, mushroom to fry aromatically. Splash in  $\frac{1}{2}$  tablespoon of Chinese Far Teow wine and add in the well-stirred gravy sauce. After that put in the slightly fried carp, small onions and garlic. Put on the lid and simmer for about 10 to 15 minutes under small flame until there is only 1 rice-bowl of sauce left. Standardise the sauce. Transfer the carp to the plate placed with lettuce. Thicken the sauce by adding in the well-stirred gravy powder. Water the dish with the thickened sauce. Scatter over the dish with spring onions and parsley.



## 蟹肉魚翅飽

### 用 料：

淨猪肉半斤，淨蝦肉四兩，蟹肉三兩，洗淨煨好之魚翅二兩，冬菇四只，冬筍一兩，生葱三條，麵粉二十兩，雞蛋兩只。

### 製 法：

淨猪肉用刀將牠剝爛，淨蝦肉，開背洗淨盛去水份，同樣將牠剝爛，冬菇先用清水浸軟然後去蒂，再將牠切成細粒，冬筍切粒，並且將水份揸去些少，生葱去頭尾些少，洗淨後將牠切成幼粒。

### 調餡之方法與份量：

首先將剝好之猪肉和蝦肉，轉用盤仔裝載，然後加放食鹽兩茶匙，味精半茶匙，白糖一茶匙半，生抽兩茶匙，麻油一茶匙，胡椒粉些少，跟着用手將牠一齊搓勻，接着便將切好之冬菇和冬筍、生葱等滲放下去，魚翅和蟹肉同時滲放下去，並且將雞蛋打開滲放下去，再將牠一齊搓勻，最後再加放粟粉一湯羹半，再搓勻便成為餡（將牠分作四十份）。

### 飽皮之製法：

首先秤準麵粉五兩，用盅一只裝載，然後加放一飯碗滾水將牠沖熟，並且快手用木棍將牠攪勻。接着再秤準麵粉十一兩放在枱上，將牠撥成鳥窩形，然後將剩餘之一只雞蛋打開放下，並加放清水六湯羹，接着用手將牠搓勻，而沖熟之麵粉同時滲放下去同搓，剩餘之麵粉作為零用。搓勻後，再用木棍或麵較將牠研薄，大約半分厚左右為適合，研好將牠疊一齊，再用刀將牠改切圓形，以三寸半潤為適宜。每一塊皮包上一份餡。（以上之皮份量可能有剩。）跟着用手將邊執埋，執成有摺之飽一樣，如是者全部包好，便將牠排放在特製之金錢笪裝載（笪底要掃上油些少），跟着成塊連飽放落蒸籠裏，隔水蒸約十分鐘至十二分鐘便熟。

## STEAMED CRAB-MEAT AND SHARK-FINS BUNS

### Materials:

Lean pork — ½ kati,  
Crab-meat — 3 tah.,  
Mushrooms — 4,  
Spring onions — 3 sprigs,  
Eggs — 2.

Prawn-meat — 4 tah.,  
Shark-fins (well-cleaned) — 2 tah.,  
Canned bamboo shoot — 1 tah.,  
Wheat flour — 20 tah.,

### Preparation:

Mince the lean pork. Cut each of the prawns from the back to clean the dirt. Dry the prawns with a cloth. Then mince the prawns. Soften the mushrooms in fresh water and remove all the harsh stems. Cut the mushrooms into particles. Cut the bamboo shoot also into particles and squeeze away the excess water. Clean and cut the spring onions into particles.

### Method of and the ingredients for preparing stuffing:

Put the minced lean pork and prawn-meat in a plate, add in fine salt 2 teaspoons, Vesop ½ teaspoon, sugar 1½ teaspoons, light soya sauce 2 teaspoons, sesame oil 1 teaspoon, a little pepper powder and knead well. Then add in the well-prepared particles of mushroom, bamboo shoot and spring onions, shark-fins, crab-meat and also break in an egg. Knead well. Lastly add in 1½ tablespoons of cornflour and knead thoroughly into stuffing. Separate this stuffing into 40 portions.

### Preparation of folder:

Measure 5 tah. of wheat flour in a container and pour in one rice-bowl of boiling water. Stir quickly with a stick into cooked paste. Again measure 11 tah. of wheat flour and place it on the table in the form of a bird's nest. Break the remaining egg in the hollow space of the pile. Add in 6 tablespoons of fresh water and knead well with hand. Then add in the cooked paste and knead again. Keep the remaining wheat flour for later use. After kneading, flatten the wheat-flour dough with a wooden roller until it is about 1/16" thick. Then cut the flattened piece into round pieces (with diameter of about 3½"). Wrap up one portion of stuffing with a piece of folder. (The folder-pieces may be more than enough). After that place all the well-folded articles in the metal sieve. First grease the metal sieve with oil. Put the whole sieve in the steamer to steam for 10 to 12 minutes.



## 杏花酥雞脯

### 主要用料：

杏仁四兩，淨雞肉五兩，拆好的蟹肉二兩，枕頭形之麵包三兩，雞蛋兩只，罐頭片形之黃梨三片，紅櫻桃三粒，西芫茜約半兩。

### 製作方法：

杏仁用滾水將牠浸一息間，然後將壳衣剝去，跟着再用滾水滾約五分鐘左右，然後撈起盛去水份，最後用刀鋤成細粒候用。淨雞肉用刀剝成幼絲，麵包將牠硬皮削去，然後用清水適量浸一息間，跟着撈起將水份揸乾。黃梨每片切開四件，作圍伴碟邊用，紅櫻桃每粒同樣切開四片，將牠放在黃梨面上，西芫茜將牠分放在碟四邊周圍。

將剝好的雞絲和浸過水的麵包，全部放入盤裏，然加放幼食鹽一茶匙半，蜂巢味素半茶匙，幼白糖半茶匙，麻油一茶匙，油一湯羹，胡椒粉些少，跟着將雞蛋兩只打開，淨要蛋白加放下去，然後用手一齊將牠撈勻，最後將蟹肉加放下去，並且加放粟粉一湯羹，再將牠撈勻，然後將牠分作二十份，每份再黏上適量之杏仁粒，同時將牠搥成棋子形狀，全部黏好候煎。

### 煎之方法：

將用鑊洗淨燒熱，然後加放油些少，蕩勻鑊的四周圍，跟着將黏好杏仁粒的雞脯，一件件排放在鑊裏，將牠煎香兩面，隨煎隨加放油些少，加放到浸過面為適量，時間大約三分半至四分鐘左右便熟。煎好將牠撈起排放在有黃梨、櫻桃圍邊的碟裝載即成。

## FRIED CHICKEN-MEAT WITH ALMOND

### Materials:

Almond — 4 tah.,  
Crab-meat — 2 tah.,  
Egg — 2,  
Red cherry — 3,

Chicken-meat — 5 tah.,  
Bread — 3 tah.,  
Canned pineapple — 3 slices,  
Parsley — 1 tah.

### Preparation:

Soak the almond in boiling water for a while. Break and remove the seed-coats from the almond. Boil the almond in boiling water for about 5 minutes and remove to drip off excess water. Then cut the almond into particles for use.

Cut the chicken-meat into shreds.

Cut off the hard skin of the bread. Soak the bread in fresh water for a while and remove to press out the water.

Cut every slice of the pineapple into 4 pieces. Cut every red cherry also into 4 slices which are placed on top of pineapple. Scatter the clean parsley around the plate.

Put the chicken-meat shreds and bread in the plate, add in fine salt  $1\frac{1}{2}$  teaspoons, Vesop  $\frac{1}{2}$  teaspoon, fine sugar  $\frac{1}{2}$  teaspoon, sesame oil 1 teaspoon, oil 1 tablespoon and a little pepper powder. Break the eggs, abstract the egg-white and add in. Knead gently. Then add in the crab-meat, cornflour 1 tablespoon and knead thoroughly. Divide the mixture into 20 portions. Stick every portion with almond particles. Knead every portion into the shape of thick coin.

### Method of frying:

Clean and heat the frying-pan, pour in some oil to stain the inside of the pan. Put in the well-prepared pieces of chicken-meat to fry both sides deliciously. Add in oil during frying to cover pieces. Fry for  $3\frac{1}{2}$  to 4 minutes until cooked then transfer them to the plate garnished with pineapple and red cherry.



## 蝦蟹煎生麵

### 用 料：

淨蝦肉四兩，淨蟹肉二兩，磨菇一兩半，生葱三條，蒜頭一小粒，菜心半斤，雞蛋一只，現成造好的生麵三個（每個約貳兩重）。

### 製 法：

淨蝦肉每只開背洗淨，用碗一只裝載，加放食鹽半茶匙，白糖些少，麻油半茶匙，胡椒粉些少，粟粉半湯羹，然後用手一齊撈勻，最後加放花生油半湯羹再撈勻醃一息間候用。磨菇將牠切成小片，生葱去頭尾些少，洗淨後將牠切成寸度，蒜頭去衣拍爛剉成細粒。菜心每棵淨要嫩蕆，洗淨候用。

### 汁獻份量：

湯或清水兩飯碗，重量二十安士，加放食鹽兩茶匙，味精一茶匙，白糖一茶匙，生抽兩茶匙，蠔油半湯羹，麻油一茶匙，胡椒粉些少，一齊攪勻候用。粟粉兩湯羹，另外用碗裝載，加放清水兩湯羹攪勻候用。

### 煎煮的方法：

用鑊一只加放清水約六飯碗，將水燒滾，然後將麵揚散，跟着全部放進滾水裏，即用筷子將牠攪散，跟着撈起用清水漂凍盛去水份，接着將用鑊洗淨燒熱，加放油些少，蕩勻四周圍，然後將麵放落鑊裏撥平四週圍，加油些少，將牠煎香兩面，煎好盛去油份，用碟一只裝載。洗淨的菜蕆用滾水油適量將牠灼熟，然後撈起放在麵面上，醃好的蝦用油適量將牠泡熟，然後撈起盛着。將油倒起，大約剩三湯羹左右，然後將剉好的蒜頭和磨菇、生葱等，一齊放落鑊裏爆香，接着將炸過的蝦和調好的味汁攪勻放下，等煮到略滾，然後將蟹肉和調好的獻粉攪勻放下，最後將雞蛋一只打開攪爛些少滲放下去，一齊推勻，跟着兜起淋放在煎好的麵面上，即成。

## FRIED NOODLE WITH CRABS AND PRAWNS

### Materials:

Prawns (scaled) — 4 tah.,	Crab-meat — 2 tah.,
Button mushrooms — 1½ tah.,	Spring onion — 3 sprigs,
Garlic — 1,	Chinese cabbage — ½ kati,
Well-prepared noodles — 3 (each of abt. 12 tah. in wt.)	
Egg — 1,	

### Preparation:

Cut each of the prawns at the back portion to wash off the dirt and then place them in a bowl. Add in fine salt ½ teaspoon, a little sugar, sesame oil ½ teaspoon, a little pepper powder, cornflour ½ a tablespoon and knead well. Lastly add in ½ tablespoon of peanut-oil, knead again and season for a while. Cut the mushrooms into small slices. Clean and cut the spring onion into short lengths. Scale and smash the garlic and then cut the garlic into particles. Select and clean the young leaves of the chinese cabbage for use.

### Gravy Sauce & Gravy Powder:

Measure 2 rice-bowls of stock or fresh water (abt. 20 ozs.) in a container, add in fine salt 2 teaspoons, Vesop 1 teaspoon, sugar 1 teaspoon, light soya sauce 2 teaspoons, oyster sauce ½ tablespoon, sesame oil 1 teaspoon, a little pepper powder and stir thoroughly for later use.

Mix 2 tablespoons of cornflour with 2 tablespoons of fresh water in a bowl into gravy powder.

### Method of frying:

Boil about 6 rice-bowls of fresh water in the pan, scatter the noodles in the boiling water. Stir with chopstick and then transfer the noodles of fresh water. Remove the noodle to drip off all the water. Clean and heat the frying pan, splash in some oil to stain the surface of the pan. Then put in the noodle and add in some oil to fry both sides aromatically and then transfer the noodle to a plate. Boil the young leaves of the chinese cabbage in boiling oily water, after boiling remove and place the boiled chinese cabbage on top of the noodle. Slightly fried the well-seasoned prawns with suitable amount of oil and remove. Pour the oil back to the container, leaving only 3 tablespoons in the pan. Put in the well-prepared garlic, button mushrooms, spring onions to fry aromatically. Then put in the slightly fried prawns and pour in the gravy. When it starts boiling, add in crab-meat and pour in the well-stirred gravy powder. Lastly beat the egg and add in. Stir thoroughly and water the plate of noodle with this delicious sauce.



## 蘭豆炒魚卷

### 用 料：

厚身的馬友魚肉，去骨去皮淨肉計，十式兩(約有三寸長左右為適合)，荷蘭豆式兩，洋葱頭一個，生葱六條，紅辣椒一只，生羌刮淨計半兩，毛菇式兩，熟火腿半兩，雞旦一只。

### 製 法：

馬友魚肉用刀打長紋將牠切成薄片，全部切好，加放食鹽一茶匙，味精些少，白糖半茶匙，胡椒粉些少，雞蛋白兩湯羹，然后用手一齊撈勻，最后加放粟粉兩湯羹再撈勻，醃一息間侯用。荷蘭豆每只用手將頭尾些少及兩邊根絲撕去，洋葱頭去衣，切成小塊，生葱去頭尾些少，洗淨後，將一半切絲，將一半切成寸度，紅辣椒去蒂去核，再切成小塊，生羌將牠切成幼絲，毛菇將牠切成小片，熟火腿將牠切成幼絲。

### 獻汁份量：

湯或清水六湯羹，加放食鹽半茶匙，味精半茶匙，白糖半茶匙，生抽一茶匙，蠔油兩茶匙，麻油半茶匙，胡椒粉些少，最后加粟粉半湯羹，然后攪勻侯用。

### 搓釀方法：

將醃好的魚片，一片一片攤開，然後每一片魚肉放上葱絲、羌絲、火腿絲，每樣些少，跟着由下捲上(像筒形)，如是者全部捲釀好，每件再黏上適量茨粉。

### 炒的方法：

首先將用鑊燒熱，加放油約五飯碗，將油燒滾後，然後將黏好茨粉的魚卷，全部放進油鑊裏，將牠炸約兩分半鐘左右，然後撈起盛着，將油倒回盤裏，約剩兩湯羹左右，跟着將荷蘭豆和洋葱頭、紅辣椒、毛菇、生葱等按程序放進鑊裏爆香，接着將炸過的魚卷滲放下去，燴上花彫酒半湯羹，最後將調好的獻汁攪勻放下，一齊攪勻，然後攪起用碟一只裝載即成。

## FRIED FISH ROLLS WITH SNOW PEAS

### Materials:

Thick sturgeon fish-meat (mah yew fish) — 12 tah. (abt. 3" in length, with bones and removed),	
Snow peas — 2 tah.,	Onion — 1,
Spring onions — 6 spigs,	Red chilli — 1,
Ginger (scraped) — $\frac{1}{2}$ tah.,	Button mushrooms — 2 tah.,
Cooked ham — $\frac{1}{2}$ tah.,	Egg — 1.

### Preparation:

Cut the fish-meat lengthwise into thin slices and place the slices in a bowl. Add in salt 1 teaspoon, a little Vesop, sugar  $\frac{1}{2}$  teaspoon, a little pepper powder, egg-white 2 tablespoons and knead well. Lastly add in 2 tablespoons of cornflour, knead again and season for a while. Remove harsh stem and veins from the peas. Scale and cut the onion into small pieces. Remove stems from the spring onions. Clean and cut half portion of the spring onions into shreds and the other half into short lengths. Remove stem and seeds from red chilli. Cut the red chilli into small pieces. Cut the ginger into shreds. Cut the button mushrooms into slices and cooked ham into shreds.

### Gravy Sauce:

Measure abt. 6 tablespoons of stock or fresh water in a container, add in salt  $\frac{1}{2}$  teaspoon, Vesop  $\frac{1}{2}$  teaspoon, sugar  $\frac{1}{2}$  teaspoon, light soya sauce 1 teaspoon, oyster sauce 2 teaspoons, sesame oil  $\frac{1}{2}$  teaspoon, a little pepper powder, cornflour  $\frac{1}{2}$  tablespoon and stir thoroughly.

### Method of rolling:

Spread every slice of the seasoned fish meat and put on each slice, a little spring onions shreds, ginger shreds and cooked ham shreds. Roll it up into cylindrical form. Stick every roll with suitable amount of starch flour.

### Method of frying the dish:

Clean and heat the frying-pan, pour in abt. 5 rice-bowls of oil to boil. Put in the fish rolls to fry for abt. 2 $\frac{1}{2}$  minutes and remove. Pour the oil back to the container, leaving only 2 tablespoons of oil in the pan. Put in orderly the well-prepared peas, onion, red chilli, button mushrooms and spring onions to fry aromatically. Then put in the fried fish-rolls. Splash in abt.  $\frac{1}{2}$  tablespoon of Chinese Far Teow wine and add in the gravy. Stir well and transfer all to plate.



## 茅 台 醉 雞

### 用 料：

光肥雞一只未割時連毛計約三斤左右，生菜一棵，蕃茄兩個，元茜兩棵，茅台酒一湯羹半。拔蘭地酒一湯羹半。

### 製 法：

先將光雞洗淨去腳，然後將用煲一個洗淨，加放清水適量，（以能浸過雞面之水為適）將水燒至滾，然後便將洗淨的雞原只放下，使滾水能貫入雞肚內，將牠滾約兩分鐘左右，（等水再滾計算）然後蓋火焗約十五分鐘左右便熟，跟着成只取出，再用清水將雞身浸凍，浸好撈起，將雞起肉切件，用大碗一只裝載，有皮向底，最後調味汁淋下去，將牠浸四五小時使其入味，味汁份量列下：

浸雞的滾水八湯羹，轉用大碗一只裝載，然後加放食鹽（半湯羹），蜂巢味素一茶匙，白糖一茶匙，麻油兩茶匙，茅台酒一湯羹半，拔蘭地酒一湯羹半將牠一齊攪勻，便成味汁。

食時取出，將雞轉用大碟一只盛載，浸雞的水不爫，生菜洗淨切絲，圍伴傍邊用，蕃茄切件圍伴碟邊用，元茜洗淨，同樣圍伴傍邊用。

## CHICKEN SOAKED WITH MAU TAI WINE

### Materials:

1 fat clean chicken (about 3 kati with feather),  
1 stalk of lettuce, 2 tomatoes,  
2 stalks of Chinese Parsley, 1½ tablespoons Mau Tai wine,  
1½ tablespoons Brandy.

### Preparation:

Clean the chicken and chop off the legs.

Clean a container and pour in enough water enable to cover up the chicken. Boil the water and then put in the whole chicken, allow the boiling water to penetrate into the stomach of the chicken. Boil for two minutes (i.e. the time water starts to boil again). Cover the container and remove it from fire to cooked for 15 minutes.

Remove the chicken from the container and soak it in cold water. Then take it out and cut into pieces.

Put all the pieces into a big bowl, with all skin-side facing downward.

Then pour over and soak the pieces with gravy for 4 to 5 hours.

### Components of gravy sauce:

Contain 8 tablespoons of stock in a big bowl, add ½ tablespoon of salt, 1 teaspoon Vesop, 1 teaspoon sugar, 2 teaspoons sesame oil, 1½ tablespoons Mau Tai wine and 1½ tablespoons of Brandy, and stir all these thoroughly into sauce.

For service, put the pieces in a big plate. (Water for soaking the chicken is not wanted).

Cut lettuce into shreds and tomatoes into slices.

Wash the Chinese Parsley.

Garnish the plate with Chinese Parsley, Lettuce shreds and tomato slices.



## 鮑魚炆雞翼

### 用 料：

罐頭鮮鮑魚一罐，雞翼六只，菠菜半斤，生薑四小片，捏好的扁魚肉約半湯羹。

### 製 法：

鮑魚開罐取出，全部將牠切成小片。雞翼六只，用盤仔一只裝載，加放生抽一湯羹，晒抽半茶匙，一齊撈勻，醃一息間，跟着將用鑊洗淨燒熱，然後加放油大約六飯碗左右，將油燒到滾，然後將醃好的雞翼，盛去水份，全部放下油鑊裏，將牠炸到金黃色，然後撈勻盛着，凍後，再用刀每只將牠斬開兩件。菠菜去頭洗淨，然後將牠切成小段，用篩一只裝載。

### 味汁和獻粉份量：

湯或清水四飯碗，重量約四十安士，加放食鹽半茶匙，味精一茶匙，白糖一茶匙，生抽兩茶匙，蠔油兩茶匙，晒抽一茶匙，麻油一茶匙，胡椒粉些少，一齊攪勻侯用。粟粉一湯羹半，另外用碗一只裝載，加放清水一湯湯羹，攪勻侯用。

### 炆的方法：

首先將用鑊洗淨燒熱，然後加放油約三湯羹，跟着將四片生薑和半湯羹扁魚肉，放下鑊裏爆香，接着將炸過斬好的雞翼，再放落鑊裏一齊撈勻，並且燴上花彫酒半湯羹，跟着將調好的味汁攪勻放下，然後用蓋慢火炆約三十分鐘左右，使雞翼略炆為好，而汁水大約剩一飯碗多些為適合，將味試準，然後將切好的鮑魚滲放下去，最後將開好的獻粉攪勻，隨少放下埋獻，等牠再滾，然後將牠挽起用大碟一只裝載，洗淨的菠菜，用滾水油適量將牠灼熟，然後撈起墊底或圍伴傍邊，即成。

## SIMMERED ABALONE WITH CHICKEN LIMBS

### Materials:

Canned abalone — 1 can,	Chicken limbs — 6,
Spinach — $\frac{1}{2}$ kati,	Ginger — 4 slices,
Flatfish-meat — abt. $\frac{1}{2}$ tablespoon.	

### Preparation:

Cut the abalone into thin slices. Put the chicken-limbs in a plate, add in light soya sauce 1 tablespoon, black soya sauce  $\frac{1}{2}$  teaspoon, knead well and season the chicken-limbs for a while. Clean and heat the frying-pan, pour in abt. 6 rice-bowls of oil and boil it. Put in the seasoned chicken-limbs to fry until the limbs turn into golden brown in colour and remove. When cool, chop each of the chicken-limbs into 2 pieces. Remove stems from the spinach and cut the spinach into short length. Clean for use.

### Gravy Sauce & Gravy Powder:

Measure abt. 4 rice-bowls of stock or fresh water (abt. 40 ozs.) in a container, add in fine salt  $\frac{1}{2}$  teaspoon, Vesop 1 teaspoon, sugar 1 teaspoon, light soya sauce 2 teaspoons, oyster sauce 2 teaspoons, black soya sauce 1 teaspoon, sesame oil 1 teaspoon, a little pepper powder and stir well into gravy. Mix  $1\frac{1}{2}$  tablespoons of corn-flour with 1 tablespoon of fresh water into gravy powder.

### Method of simmering:

Clean and heat the frying-pan, pour in abt. 3 tablespoons of oil. Put in the ginger slices and flatfish-meat to fry aromatically. Then put in the well-fried chicken-limbs and stir well. Splash in  $\frac{1}{2}$  tablespoon of Chinese Far Teow wine and add in the gravy. Put on the lid and simmer with small flame for abt. 30 minutes until the chicken-limbs are just cooked and there is only 1 rice-bowl (or a bit more) of sauce left. Standardise the sauce and add in the abalone slices. Lastly add in the gravy powder. When it boils, transfer all to a big plate.

Boil the clean spinach with suitable amount of boiling oily water and place the spinach at the bottom or for garnishing the plate.



## 茄汁煎蝦碌

### 用料：

大蝦連壳計一斤半，生羌刮淨計些少，約二兩重左右，生葱四條，芫茜一棵，紅辣椒一只，蒜頭兩小粒。

### 製法：

大蝦每只將腳和頭些少剪去，並且將蝦背割開些少，將蝦屎挑去，洗淨後用篩一只裝載（如果蝦十分大只，可以將牠斜刀切開兩段）。生羌將牠剝成細粒。生葱將牠頭尾些少切去，洗淨後用，將兩條切幼粒，兩條切絲。芫茜洗淨後去頭，將牠切成寸度。紅辣椒將牠去蒂開邊去核，洗淨後，將一邊切絲，一邊剝成細粒。蒜頭將牠去衣然後再剝成幼粒。

### 味汁和獻粉份量：

湯或清水六湯羹，用碗一只裝載，加放食鹽一茶匙半，味精半茶匙，白糖半湯羹，生抽兩茶匙，茄汁兩湯羹，麻油一茶匙，胡椒粉些少攪勻侯用。粟粉 $\frac{1}{2}$ 湯羹，另外用碗一只裝載，加放清水一湯羹攪勻侯用。

### 煎的方法：

首先將用鑊洗淨燒熱，然後加放油些少，蕩勻鑊四週圍，跟着將剪好的蝦全部放下鑊裏，將牠煎香兩面，隨煎隨加放油些少，煎約有七八成熟，然後將油倒起約剩兩湯羹左右，跟着將剝好的蒜頭、辣椒、羌、葱粒等，全部放下鑊裏爆香，攪勻後，跟着將調好的味汁攪勻全部滲放鑊裏，然後留蓋煮一息間，時間約分半鐘左右，跟着反覆將牠攪勻，最後將開好的獻粉攪勻放下再攪勻，然後挽起用碟一只裝載，切好的葱絲、辣椒絲、芫茜等，將牠撈勻一齊放在煎好的蝦面上，即成。

## FRIED BIG PRAWNS WITH TOMATO SAUCE

Big prawns (with shells) — $1\frac{1}{2}$ kati,	Ginger (scraped) — abt. 2/10 tah.,
Spring onion — 4 sprigs,	Parsley — 1 stalk,
Red chilli — 1,	Garlic — 2.

### Preparation:

Cut the head and legs of the big prawns a bit away and also cut each of them at the back portion to remove the interior dirt. Clean and put the big prawns in a bamboo sieve. (If the prawns are too big, then each can be cut into 2 portions.) Cut the ginger into particles. Clean and cut 2 sprigs of the spring onion into particles and the other two sprigs into shreds. Clean and cut the parsley into short lengths. Remove stem and seeds from the red chilli, cut half portion of it into shreds and the other half into particles. Scale and cut the garlic into particles.

### Gravy Sauce & Gravy Powder:

Measure abt. 6 tablespoons of stock or fresh water in a container, add in fine salt  $1\frac{1}{2}$  teaspoons, Vesop  $\frac{1}{2}$  teaspoon, sugar  $\frac{1}{2}$  tablespoon, light soya sauce 2 teaspoons, tomato sauce 2 tablespoons, sesame oil 1 teaspoon, a little pepper powder and stir well into gravy.

Mix  $\frac{1}{3}$  tablespoon of cornflour with 1 tablespoon of fresh water in a bowl into gravy powder.

### Method of frying:

Clean and heat the frying-pan, splash in some oil to stain the surface of the pan and put in the well-prepared big prawns to fry both sides aromatically. Add in oil during frying until the big prawns are abt. 70% to 80% cooked. Pour the oil back to the container, leaving only 2 tablespoons in the pan. Put in the well-prepared garlic, red chilli, ginger and spring onion to fry aromatically. Stir and add in the gravy. Put on the lid and boil for abt.  $\frac{1}{2}$  minute. Add in the gravy powder, stir and transfer the delicious sauce to a plate. Scatter the well-prepared spring onion, red chilli and parsley on the well-fried prawns.



## 翠玉金錢盒

### 主要用料：

冬菇廿四只，每只如五毫子之硬幣一樣大，淨蝦肉六兩，肥豬肉半兩，熟火腿半兩，紙包裝之青豆三湯羹，薑兩片，雞蛋一只。

### 製作方法：

冬菇廿四只先用清水將牠浸軟，然後去蒂，跟着將用鑊洗淨燒熱，然後加放油大約一湯羹左右，接着將兩片生薑和冬菇加放落鑊處，跟着加放湯或清水三飯碗，幼食鹽一茶匙，味精半茶匙，幼白糖兩茶匙，生抽一茶匙，蠔油一茶匙，麻油一茶匙，胡椒粉些少，接着蓋蓋煮牠大約八分鐘左右，然後將全部撈起盛去水份，淨蝦肉六兩將牠開背洗淨，盛去水份抹乾後，再用刀將牠剝爛，肥豬肉半兩同樣將牠剝爛，熟火腿半兩將牠切成幼粒。

### 味汁和獻粉之份量：

湯或清水十湯羹用碗裝載，然後加放幼食鹽大半茶匙，味精些少，幼白糖半茶匙，麻油半茶匙，胡椒粉些少，一齊將牠攪勻即成味汁。

粟粉一湯羹另外用碗裝載，跟着加放清水一湯羹將牠攪勻即成獻粉。

### 調餡之方法和份量：

將剝爛之蝦肉，轉用盤仔裝載，然後加放幼食鹽半茶匙，胡椒粉些少，跟着用手一齊將牠攪勻，接着將剝爛之肥豬肉滲放落去，並且加放粟粉半湯羹再將牠搓勻，然後將牠分作十二粒。

### 釀之方法：

首先將煮好之冬菇每一件內便（即近蒂處）洒放些少粟粉落去，然後兩只冬菇夾釀一份餡，如是者全部夾釀好之後，然後將牠排放下碟裝載，跟着整碟放落蒸籠處，隔水將牠蒸約十分至十二分鐘左右，以夠熟為好，蒸好取出，原碟或轉另一只大碟裝載，接着將用鑊洗淨燒熱，然後加放油大約一湯羹半，跟着將調好的味汁攪勻，全部倒放落鑊處，而三湯羹青豆同時加放下去，等煮到滾的時候，然後將開好的獻粉攪勻隨少滲放下去埋獻，最後將雞蛋一只，打開攪爛些少放一半下去，然後將牠一齊推勻，接着將牠兜起淋放在蒸熟的冬菇面上即成。

## MUSHROOMS WITH DELICIOUS STUFFING

### Materials:

Mushrooms — 24 (each abt. the size of a 50 cents coin),	
Prawn-meat — 6 tah.,	Fat pork — $\frac{1}{2}$ tah.,
Cooked ham $\frac{1}{2}$ tah.,	Green peas — 3 tablespoons,
Green peas — 3 tablespoons,	Ginger — 2 slices,
Chicken egg — 1.	

### Preparation:

Soften the mushrooms in fresh water and remove all harsh stems from them. Clean and heat the frying-pan, pour in abt. 1 tablespoon of oil. Put in the ginger and mushrooms to fry and pour in abt. 3 rice-bowls of stock or fresh water. Add in fine salt 1 teaspoon, Vesop  $\frac{1}{2}$  teaspoon, fine sugar 2 teaspoons, light soya sauce 1 teaspoon, oyster sauce 1 teaspoon, sesame oil 1 teaspoon and a little pepper powder. Cover the lid to boil for abt. 8 minutes and then remove to drip off the excess sauce. Cut each of the prawns at the back portion to wash off the dirt. Dry the prawns with a cloth and mince the prawns. Mince also the fat pork. Cut the cooked ham into particles.

### Gravy Sauce & Gravy Powder:

Measure abt. 10 tablespoons in a bowl, add in fine salt  $\frac{2}{3}$  teaspoon, a little Vesop, fine sugar  $\frac{1}{2}$  teaspoon, sesame oil  $\frac{1}{2}$  teaspoon, a little pepper powder and stir well into gravy.

Mix 1 tablespoon of cornflour with 1 tablespoon of fresh water in a bowl into gravy powder.

### Method and ingredients for preparing stuffing:

Put the minced prawn-meat in a plate, add in fine salt  $\frac{1}{2}$  teaspoon, a little pepper powder and knead well. Then add in the minced fat pork and  $\frac{1}{2}$  tablespoon of cornflour. Knead again and separate the paste into 12 portions.

### Method of sandwiching stuffing:

Sprinkle some cornflour at one side (the side bearing stem) of each of the mushrooms. Then sandwich one portion of stuffing with 2 mushrooms. Place the well-sandwiched articles in a plate. Put the whole plate in the steamer to steam over water for 10 to 12 minutes until cooked and remove.

Clean and heat the frying-pan, pour in abt.  $1\frac{1}{2}$  tablespoons of oil. Pour in the gravy and add in the green peas. Boil it. When it boils, gradually add in the gravy powder. Lastly add in half portion of a beaten egg. Stir well. Water the steamed articles with the thickened sauce.



## 鮮奶椰汁糕

### 用 料：

花標糯米粉（即綠豆粉）三兩裝一包，刨好的椰子絲兩粒，白糖九兩，花膠鮮奶四湯羹，香蘭葉研汁約兩茶匙。

### 製 法：

椰子絲加放清水三飯碗，重量三十安士，將牠搓勻擠出椰汁候用。

綠豆粉一包，加放清水一飯碗（十安士），攪勻候用。

### 調製方法：

將擠出的椰汁和白糖、香蘭葉汁，全部放進鑊裏煮至滾，同時使糖溶化，然後將調好的綠豆粉隨少隨少放下，推至糊狀，最後將鮮奶放下，再推勻，然後攪起，分放有模形的小掬裝載，凍些，然後放進雪櫃裏，使牠凝結即成。

## CAKE OF COCONUT MILK

### Materials:

“Flower Brand” (greenish bean powder) — 1 packet (3 tah.),

Coconut shreds (of 2 coconuts), Sugar — 9 tah.,

“Flower Brand” fresh milk — 4 tablespoons,

Pandang leaf juice — 2 teaspoons.

### Preparation:

Add 3 rice-bowls about 30 ozs. of fresh water to the coconut shreds.

Knead and abstract the juice for use.

Mix the packet of greenish bean powder with 1 rice-bowl of fresh water for use.

### Method of cooking:

Pour all the coconut juice, sugar, pandan leaf juice in the boiling container and boil to dissolve the sugar. Gradually add in the well-prepared greenish bean powder to boil into paste form. Add in the fresh milk. Stir well and transfer this paste to containers of various shapes. Put these containers with paste in the frig to clot.



## 醃酸辣椒的方法和份量

### 用 料：

青辣椒（或紅辣椒）半斤。

### 製 法：

辣椒全部去蒂，然後用刀將牠切成斜小片，然後將核篩淨，接着用滾水適量將牠泡一息間，然後撈起盛去水份，凍後轉用瓦盅一只裝載。跟着加放幼食鹽半湯羹，幼白糖五湯羹，白米醋六湯羹，凍滾水五湯羹，然後將牠一齊拌勻，放進雪櫃裏將牠醃約三小時左右，使其入味，即成。

## PREPARATION OF SOUR CHILLI

### Materials:

Green chilli (or red chilli) —  $\frac{1}{2}$  kati.

### Preparation:

Remove stems from the chilli, Slantingly, cut them into small slices. Boil it with suitable amount of boiling water for a while, then remove and drain off the excess water.

When it is cool, put them in a container, add in fine salt  $\frac{1}{2}$  a tablespoon, sugar 5 tablespoons, white vinegar 6 tablespoons, cool boiling water 5 tablespoons, and mix them thoroughly. Put them in the Frige to season for about 3 hours and serve.





作者在女青年會作烹調教導時的情況  
This photo was taken during lesson at Young Women's Christian Association.

## 中外量制比較表

一 兩	=	1 又 $\frac{1}{2}$ 安士
一兩半	=	2 安士
三 兩	=	4 安士
六 兩	=	8 安士
半 斤	=	10 又 $\frac{3}{4}$ 安士
一 斤	=	21 又 $\frac{1}{2}$ 安士
水一飯碗(重量約七兩半) = 10 安士		
水十羹湯(重量約六兩) = 8 安士		

XXXXXXXXXXXX

## Equivalents of Weight

1 Tah	=	1 $\frac{1}{2}$ oz.
1 $\frac{1}{2}$ Tahs	=	2 oz.
3 Tahs	=	4 oz.
6 Tahs	=	8 oz.
$\frac{1}{2}$ Kati	=	10 $\frac{3}{4}$ oz.
1 Kati	=	21 $\frac{1}{2}$ oz.
1 Rice bowl water (about 7 $\frac{1}{2}$ tahs) = 10 oz.		
10 Tbsp. water (about 6 tahs) = 8 oz.		